

Physical Activity Rx

Exercise helps your heart, lungs, muscles and bones. Without regular exercise, you are at greater risk for diabetes heart disease, high blood pressure, osteoporosis and weight gain.

As your health care provider, I strongly recommend that you build in 30 minutes of physical activity throughout your day on most days of the week. Choose a comfortable starting level. When you have worked out at a level for two weeks, move to the next level.

2 minute walk _____ times a day _____ days a week
5 minute walk _____ times a day _____ days a week
10 minute walk _____ times a day _____ days a week
15 minute walk _____ times a day _____ days a week
20 minute walk _____ times a day _____ days a week
25 minute walk _____ times a day _____ days a week
30 minute walk _____ times a day _____ days a week

Walking is a good exercise to start with. As you get stronger, you may want to try other activities.

The start date we have agreed on is _____.

Health Care Provider's Signature

Patient's Signature

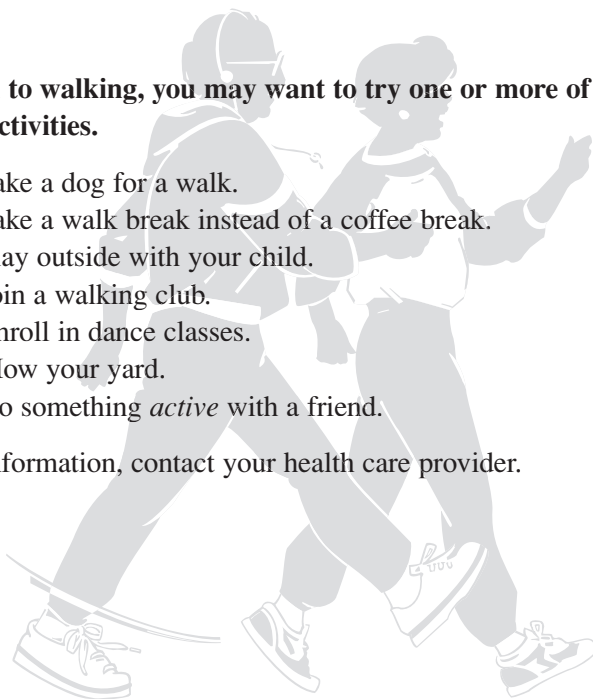
Be Active
It's Your Life



In addition to walking, you may want to try one or more of the following activities.

- Take a dog for a walk.
- Take a walk break instead of a coffee break.
- Play outside with your child.
- Join a walking club.
- Enroll in dance classes.
- Mow your yard.
- Do something *active* with a friend.

For more information, contact your health care provider.



SC Diabetes Control Program